

Content Deadline COB	Release Date	Publication	Issue	Theme	Content ideas
Friday, December 8, 2023	15 December 2023	TCSLM Newsletter - ballot, charity, virtual	Issue 5	Running shoe buyer's guide. Winter training tips.	
Friday, December 15, 2023	03 January 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 6	Start your training and staying safe.	
Monday, December 18, 2023	08 January 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 7	100 days to go!	The mental health benefits of running
Thursday, January 4, 2024	15 January 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 8	Three months to go!	
Thursday, January 11, 2024	22 January 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 9	Marathon motivation tips & Elite Week trailer.	
Thursday, January 18, 2024	29 January 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 10	Elite Week.	Hydration tips
Thursday, January 25, 2024	05 February 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 11	10 weeks to go!	Fuelling tips
01 February 2024	12 February 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 12	Training ideas	
08 February 2024	19 February 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 13	Two months to go!	
15 February 2024	26 February 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 14	Health and happiness benefits of running	
Thursday, February 22, 2024	04 March 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 15	International Women's Day. Ramadan content.	Ten ways to avoid running injuries.
Thursday, March 1, 2024	11 March 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 16	Spring kit ideas. Ramadan content.	Sustainability item: Use a bottle belt / hydration vest to reduce the number of bottles
Thursday, March 7, 2024	18 March 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 17	One month to go!	Campaign film, sustainability item: drink drain, drop. Ramadan content.
Thursday, March 14, 2024	25 March 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 18	Longest run tips.	Sustainability item: Drop your clothing in the dedicated areas at the starts so that it will be collected, re-used and recycled, LM anniversary and SoLM Awards
Friday, March 22, 2024	02 April 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 19	T-shirt printing info. Event Guide if ready.	Marathon strategy and tips, BBC Sounds mixes, sustainability item: Use our volunteer-run waste stations to help us recycle as much waste as we can
Thursday, March 28, 2024	08 April 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 20	Believe! You can do it.	Sustainability item: summary of the sustainability initiatives at the 2023 TCSLM plus info about RS Sustainability Stand. Courtney's survey. Event Guide and Official App, if available. Women's support. RS Centre Stage schedule. Recommend to go on Wednesday and Thursday.
Thursday, April 4, 2024	15 April 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 21	Running Show is open	RS Centre Stage schedule. NB medal engraving.
Tuesday, April 9, 2024	19 April 2024	TCSLM Newsletter - ballot, charity, virtual	Issue 22	Final comms, tips and advice	Courtney's pre-event survey
Thursday, April 11, 2024	22 April 2024	TCSLM Newsletter - Congratulations	Issue 23	Congratulations!	Courtney's post-event survey

Specs

PLEASE PROVIDE IN A WORD DOCUMENT THE FOLLOWING:

Headline – maximum of six words.

Body - Max 30 words can be accommodated if it's essential to explain the item in greater detail.

Photo – 1200x800 jpg - *please send as separate file.*

Video - YouTube link can be linked

URL - To link to